*Begin by identifying what issue you want to explore.*

***Facing***

* **Action:** Notice where the issue seems located in the space around you. Alternate between facing and avoiding the issue for a minute. Then turn and face the issue directly while moving your body comfortably with deep, smooth yes breath.
* **Fundamental Question: “**What about this issue haven’t I faced directly?”

***Accepting***

* **Action:** Move with yes breath as you wonder about this question… float in the question after your breath and body sensations feel easeful. Note that acceptance is about ‘going wide’ with your consciousness and attention. If you notice an either or such as “I want to” and “I don’t want to;” or “I want to” and “I can’t” or any other inner conflict, give both points of view a space to express and be welcomed into your full body-mind acceptance.
* **Fundamental Question: “**What is the hardest thing for me to accept about this issue?”

***Choosing***

* **Action:** Breathing deeply and smoothly, begin moving your body and your spine comfortably, possibly stretching and moving any part of your body which feels tight, while wondering about this question… float the question once you feel an increase in flow and ease in your body and breath.
* **Fundamental Question: “**What I really want is… “

***Taking Action***

* **Action:** Walk and move around the room as you wonder what you really want.
* **Fundamental Question: “**What is the easiest, measurable, and pleasurable action step I can take to begin creating what I really want?”

**Write it down** --- **What and by When?**